

Families Urged to Spend More Play Time Together

By NELL PICKENS
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FARM families are giving much thought and effort to providing an adequate food supply to meet the needs of growing children. Emphasis is being placed on the proper kind of diet and on how to make it more comfortable and appetizing. But sometimes we forget that family time is built by wholesome fun and pleasure and that a family that "plays together stays together."

Most children not only delight in a home play ground but receive much emotional, physical and mental from one.

It is perfectly possible to plan and equip a home playground that will run itself, with an occasional eye from Mother as she goes about her household duties. It can be so simple that Father can set it up in a few minutes and the children can have fun with it.

The responsibility of providing a play ground for the children and maintaining it is a shared responsibility and must be shared.

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Pasture Work

D. F. Moore, of Franklin, Washington County, is one of the demonstration farmers who has made an outstanding success in his pasture work. Mr. Moore, in the spring of 1937, seeded eight acres with 10 pounds of lespedeza and 100 pounds of rye grass per acre and used one pound of triple superphosphate per acre. In addition each acre received a little over a ton of lime.

Moore said the results obtained in the spring of 1938 put in an additional 17 acres of pasture. This additional acreage was treated in exactly the same manner as the original acreage.

On a recent visit to Mr. Moore's farm, H. C. Wood, assistant county agent said the Dallas grass looks as if it were at least in its second year, and there is a perfect stand of lespedeza.

Mr. Moore says, "There have been from 15 to 20 head of cattle grazing on the entire acreage since early spring. The cattle are doing fine and the herds I attribute the lespedeza results I have obtained to the phosphorus and lime used on this land. I believe that a good permanent pasture is one of the finest investments a farmer can make."

However, the greatest benefits from Mr. Moore's demonstration pasture are yet to come. The influence of this work in his community is evidenced by the increased interest of neighboring farmers in pasture work.

There're Two Bulls

There is one big difference between a good bull and a scrub. The good bull builds the herd while the scrub bull tears it down. The good bull will tear down a good herd so fast and so completely as a scrub sire," says F. W. Burns, extension animal husbandman. "The descendants of a scrub bull soon cease to be the highest type of citizenship—Monroe Journal

Farmers and their families make up approximately 24 percent of the total population, but they receive only 11 percent of the national income.

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rope and a seat. It's but more fun to swing a seat, and often it's doing the same thing. Two or three swings of slightly different lengths will keep some youngster from losing his patience by having to wait until some one else gets through.

Any one can have a sandbox. Fill it with the cleanest sand and sand at times are mixtures designed for use under winter cover crops. Mr. Crotty is a great believer in legumes and has found that best results come when there is plenty of phosphate under them.

Did you ever see a child that did not like to swing? Two or three swings of different lengths will be enough to keep the lungs, kidneys and eggs.

Cut the chicken into the meat pieces and separate into meat pieces—meat pieces, necks, wings, legs and wings, joints in one; the bony pieces as wings, necks, in another; and the giblets in another. Do not can giblets with other meat as they will flavor the meat.

Trim off the fat of the meat.

Make broth with bony pieces. Cover

the meat with cold water and simmer until meat is tender. Strain the meat from the broth and can as small pieces. Keep broth for meaty pieces.

Pre-cook meaty pieces in oven or water and pack hot. Process in steam pressure cooker for 55 minutes for number 2 cans and 65 minutes for glass jars.

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Elba. The new school year is now in progress.

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